



8 - Basketball

Brief Notes

Navy Ball tickets are still on sale but going fast. The Ball will be held Nov. 20 at the Harbor View Club. Prices are: E4 and below, \$20; E5 and E6, \$30; E7 and above, \$35; and \$40 for civilians. Civilian spouses of military members pay the equivalent of their spouses' rank.

Branch Medical Clinic (BMC) announces new hours. Beginning Monday, Nov. 15, the clinic's hours are 7:30 a.m. - 4 p.m. There will be no change to the way appointments are scheduled. For more information call 252-2555.

Free Pizza! Sunday, Nov. 14 from 6-8 p.m. at the Hario Teen Center. Sponsored by the CFAS command chaplain. Open to all SOFA sponsored teens from seventh grade and up. Free shuttle from Main Base Chapel will be provided. For information or shuttle service from main base, call 252-8131 or 252-8670.

USO Notes:

There will be a **Persian carpet sale** Friday Nov. 12-Sunday Nov. 14 at the Liberty Room at the Harbor View Club.

The USO is hosting a **charity auction** Saturday, Nov. 27 at the Harbor View Club. Tickets are on sale at the USO Fleet Landing. Volunteers are needed for the auction. Contact DJ Stanhope at 090-3012-5867.

The USO is hosting a **Thanksgiving feast** for Sailors Thursday Nov. 25 - Saturday Nov. 27. If you are interested in donating food, call 252-3959 to sign up.

This Week

WIC Overseas Japanese Grocery Store Tour and Lunch

Friday, Nov. 19 at 10 a.m.
Come and join us touring the Jusco (Daito) grocery store with our bilingual volunteers. They'll also answer your cooking questions. Bring yen for lunch. We'll be eating at a Japanese restaurant in Jusco. Registration required. Call 252-8781.

Weather

Sunday RainshowersH 72 L 55Monday Mostly cloudyH 68 L 54

DUI Counter: 6 days as of Nov. 13

EOC upgrade enhances emergency readiness

JO1(SW) Ron Inman

CFAS Public Affairs

A recent upgrade to Fleet Activities Sasebo's (CFAS) Emergency Operations Center (EOC) means more efficient communication and increased readiness for the base in any emergency.

The EOC, which is manned

d u r i n g emergencies, provides a c e n t r a l location for operations, communications and command and control. The EOC, facilitates the gathering, processing, display,

evaluation and dissemination of information by CFAS leadership, including department heads and designated organizational representatives. EOC personnel can then determine the best course of action and relay that information to higher authority.

According to Chief Operations Specialist (SW) Gary Boldes, Port Operations/Logistics Division Officer and Leading Chief Petty Officer, the recently completed upgrade has improved the flow of information through CFAS and to Commander, Naval Forces Japan (CNFJ) and U.S. Forces Japan.

"We have upgraded the computer capabilities, adding more workstations, which allows [EOC personnel] to work simultaneously," Boldes explained.

"We also

upgraded

information

displays,

allowing for

easier flow

within the

EOC itself,

as well as

video tele-

conferencing

(VTC)

capabilities

in the same

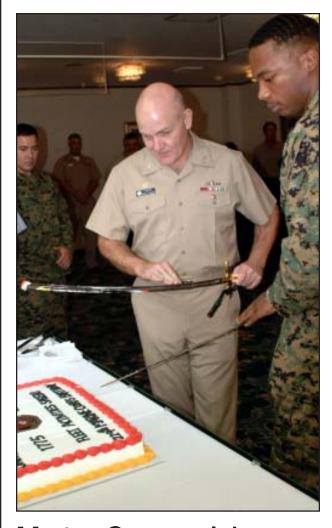
"We have upgraded the E O C's computer capabilities...which allows IEOC personnell to work simultaneously,"
- OSC(SW) Gary Boldes,

- OSC(SW) Gary Boldes, Port Operations/Logistics Division Officer/Leading Chief Petty Officer

building."
Boldes said the

Boldes said the project was contracted out by CFAS Public Works Department (PWD) and the installation itself was funded by Space and Naval Warfare Systems Command (SPAWAR).

The \$400,000 project, which began in late September and was finished by Oct. 31, was paid for with force protection funds and therefore, had no impact on CFAS funds.



Marine Corps celebrates 229th birthday Nov. 10

The Commander, Fleet Activities Sasebo, (CFAS), and a Marine sergeant stationed in Yokosuka (foreground) cut the cake at the Marine Corps' 229th Birthday luncheon at the Harbor View Club Wednesday, Nov. 10. The event featured traditional Marine corps birthday speeches, cake and lunch. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

It's not only a small world, it's a small Navy, too

USS Essex (LHD 2) Public Affairs

When A-Division's Leading Chief Petty Officer (LCPO), Senior Chief Machinist Mate (Surface Warfare/Air Warfare) Victor Bryan, was introduced to a new crewmember being assigned to the Engineering Department on USS Essex (LHD 2), his initial response was, "You look familiar!"

In 1995. Wade Schritter and his high school buddy walked into the Stillwater, Okla. recruiting office ready to enlist in the United States Navy. Bryan, then Boiler Technician First Class (BT1), was the Stillwater recruiter and had gone through the paces of turning hundreds of civilians into recruits up to that point in his tour. Bryan said he sensed something special about Schritter. "Schritter came in under the 'buddy program' with a friend and football teammate from Morrison," said Bryan. "My hometown of Copan, with a population of almost 800 people, is approximately 90 miles from Schritter's hometown of Morrison, a small town with around six hundred people," added Bryan. "The two

towns have always had these historic football rivalries."

Bryan said his initial positive feeling about Schritter was reinforced by the high marks that Schritter scored on the Armed Services Vocational Aptitude Battery Test (ASVAB).

"I remember that BT1 Bryan often came to my house and spent time with my parents, he took me to the Military Entrance Processing Center (MEPS) in Stillwater, and he made sure I was good to go to boot camp every step of the way," said Schritter.

Bryan, and now Machinist Mate First Class Schritter had not seen each other since 1995. That changed two months ago when Schritter reported on board.



A Machinist's Mate First Class, left, gives an Oklahoma "OK" sign, along with his LCPO, a Senior Chief Machinist's Mate. He recently arrived to USS Essex (LHD 2) and discovered his new LCPO was the same man who recruited him into the Navy in 1995 in Stillwater, Okla. Senior Chief said of his new Heat and Stream Shop LPO, "He's doing Oklahoma proud!" (Official U.S. Navy photo by JO1(SW) James Evans Coyle)

"I'm glad to have met up with him again," said Bryan. "Since Schritter arrived here, he's really kicked butt and been an outstanding addition to Engineering Department and to the entire ship."

"I was glad to see him after so long," said Schritter. "I always wanted to look him up and I always wondered how he was doing. Now he's my LCPO and I'm looking forward to working for him aboard Essex," he added.

Schritter said he's never forgotten Bryan's kindness and patience with him as a young kid about to embark on the

adventure of a lifetime.

Bryan added with a proud smile, "It's a really small world when two small town boys from rural Oklahoma meet up in the North Arabian Gulf."

Soundings survey is your chance to improve community's newspaper

JO1(SW) Ron Inman

Sasebo Soundings Editor

On Oct. 2, Sasebo Soundings went to a new, 8-page, black-and-white format. While the format of the paper may have changed, our mission to provide the Sasebo community with an informative,

Please circle the most appropriate answer:

Female

40+

Demographic Data

Gender

Male

Age 30-34 18-24 25-29

Paygrade

E1-E3 E4 E7-E9 E5 F6 CWO1-CWO5 01-03 04-06 GS-M1-5 GS-GM 6-10 GS-GM11-15

Newspaper Survey

1. How often do you read Sasebo Soundings?

CAPT. MICHAEL L. JAMES

COMMANDER FLEET ACTIVITIES SASEBO 252-3444

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The Sasebo Soundings is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and un-der the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

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All items for submission must be brought into the Sasebo Soundings office in PW 80 or sent by guardmail or MPS, or emailed to **soundings@cfas.navy.mi**l. The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper

Deadline for regular submission is Tuesday at 5 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:

> Sasebo Soundings PSC 476 Box 93 FPO AP 96322-1100

entertaining and useful weekly command publication has not.

The purpose of this survey is to gauge our readers' opinion of the new format and solicit suggestions to improve it.

Please take a few moments to fill out this short survey. The Soundings staff will make changes to the paper's format

Every Week Sometimes Rarely

Never 2. How informative is it?

Extremely Very Fairly

Not Very 3. How would you rate the overall content of Sasebo Soundings?

1 (weak) to 5 (strong) 2 3

4. What is your favorite section

of the paper?

Local news Navywide news Safety tips Profile Photography

Upcoming events & movies MWR news

Living in Japan Betcha didn't know

Base & community announcements Classifieds

Sports

Why?			

5. What is your least favorite section of the paper?

Local news Navywide news Safety tips

based on your input. More response means more chance for improvement.

Please return surveys by Monday, Nov. 22. Surveys may be dropped off to the PAO/Soundings (01B) mailbox in the Headquarters Bldg. (Bldg. 80, first floor, entrance adjacent to the Harbor View Club), placed in Guard Mail care of

Profile Photography Upcoming events & movies MWR news Living in Japan Betcha didn't know Base & community announcements Classifieds Sports

6. Rate the following sections:

1(lowest) to 5 (highest)

Local news

Why?

Looui	10440			
1	2	3	4	5
Navyw	ide nev	vs		
1	2	3	4	5
Safety	tips			
1	2	3	4	5
Profile				
1	2	3	4	5
Photog	graphy			
1	2	3	4	5
Upcon	ning eve	ents & m	novies	
1	2	3	4	5
MWR	news			
1	2	3	4	5
Living	in Japa	n		
1	2	3	4	5
Betcha	a didn't	know		
1	2	3	4	5

Sasebo Soundings, or mailed to the Public Affairs Officer at PSC 476 Box 93. FPO AP 96322. Soon, you can also complete the survey online at <www.cfas.navy.mil>. For further information, please contact JO1(SW) Inman at 252-3485/3409.

7	Cani	ac af	Saur	dinac
1	2	3	4	5
Spoi	rts			
1	2	3	4	5
Clas	sifieds			
1	2	3	4	5
Base	e & com	munity	announ	cements

7. Copies of Soundings are conveniently available:

Usually Sometimes Never

8. Where do you usually pick up Soundings?

MB Post Office Hario Post Office Bayside Harbor View Club BEH BOH

Fleet Landing Fleet Gym USO Nimitz Park

10. What would you like to see

changed or added to Soundings?		

Thank you for taking the time to complete this survey and improve Sasebo Soundings. Survey results will be published in a future issue.

Birth Announcements

A service of your FFSC New Parent Support and Sasebo Soundings

Rafael Martinez III

Born at 5:50 a.m. on Sept. 25 in Dr. Higashijima's Ladies Clinic to Mother, Martha Elizabeth Martinez, and Father, CS2 Rafael Martinez Jr. of USS Patriot (MCM-7). Rafael weighed seven pounds, six ounces at birth. Big brother, Derrec Dominique, is excited about having a kid brother to look out for.

Born at 1:46 p.m. on Sept. 22 in Dr. Higashijima's Ladies Clinic to Mother, Kelley Vee Marzano, and Father, DC2 Dean A. Marzano of USS Safeguard (ARS-50). Shii-an weighed seven pounds, 10 ounces at birth. Big sister Zoe, is a big help to Mom in caring for the baby.

Robert Joseph B. Nace

Born at 3:05 p.m. on Oct. 4 in Dr. Higashijima's Ladies Clinic to Mother, Jennifer Bedoya Nace, and Father, GySgt Randall Lynn Nace, Jr., USMC of USS Essex (LHD-2) Combat Cargo. Robert weighed 3,368 grams at birth.

Marc Gabriel Javier Born at 10:07 p.m. on Sept. 29 in Sogo Hospital to Mother,

Rosemarie Rosete-Javier, and Father, PO2 Stephen Kenneth Javier of ACU-1 Det WestPac. Marc weighed eight pounds, nine ounces at birth.

Nathan Akira Myers

Born at 9:17 p.m. on Oct. 20 in Dr. Higashijima's Ladies Clinic to Mother, Melany Ramasola Myers, and Father, Lt.jg Steven Joseph Curtis Myers of USS Patriot (MCM-7). Nathan weighed eight pounds, 12 ounces at birth.

Congratulations to these proud parents and welcome to these wonderful new additions to our Sasebo Navy family.

See LaDonna Kolman, FFSC New Parent Support Nurse, to have your baby's birth announced in Sasebo Soundings.

Safety Corner: machine guarding

Charles Carr

CFAS Safety Department

In just about every workplace, we have machines that are designed to help us do our jobs more efficiently. If machinery is properly designed and maintained, and you are properly trained in its use, we usually won't have any problems, other than normal wear and tear with our machines

Machines can crush hands, arms or whole bodies; they can sever fingers or produce blindness.

Safeguards are used to protect against the actions noted in the previous paragraph. Safeguards are divided into five general classifications.

Guards – fixed, interlocked, adjustable or self-adjusting

Devices – presence sensing, pullback, restraint or safety controls

Location/Distance - Potential feeding and ejection methods to improve operator

Miscellaneous Aids - awareness barriers, protective shields and handfeeding tools.

To be more effective, safeguards must protect workers from mechanical hazards by preventing contact with dangerous moving parts, they must be made of durable material that will withstand the conditions of normal use and be firmly attached to the machine.

They must also provide protection from falling objects that could fall into moving parts and become a projectile when ejected, create no new hazards or interference, and allow safe lubrication.

Just like seat belts in a car, machine safeguards need to be in place and properly used if they are to serve their

If you remove a guard for any reason, or see a piece of unquarded machinery, do not use it until the guard has been reinstalled.

Command Spotlight: Sasebo Navy College Office

JO1(SW) Ron Inman

CFAS Public Affairs

Want to continue your education, but not sure of where or who to turn to? Sasebo's Navy College Office (Sasebo NCO) is here to assist you in your educational

Our purpose is to provide educational opportunities to service members, their families, Department of Defense (DoD) employees and retirees," said Barionel Guiteau, Sasebo Navy College Office Director.

Guiteau explained that Sasebo NCO's overall program consists of four elements - Tuition Assistance (TA), Navy College Program for Afloat Education (NCPACE), Defense Activity for Non-Traditional Educational Support (DANTES) and on-base colleges. Each element represents a way to earn college credit.

According to Guiteau, Sasebo NCO is the common thread that ties these elements together with guidance and counseling.

"Anyone who wants to continue their education can come into our office and we'll help them start by establishing a degree plan, explain TA and how to use it, and also the different levels of educational programs.

"We'll also tell them about the Sailor/Marine American Council on Education Registry (SMART) Transcript and American Council on Education (ACE) guidelines, which determine how many credits they may already have for their military service.'

In addition to on-base and ship-based classes, those in search of higher education can also take College Level Examination (CLEP) tests or DANTES tests on a variety of subjects. Tests are available on a weekly basis, and if you pass the test, you earn credit for the tested subject.

"If you don't know what you what to study, you can take a Campbell Interest and Skills survey," Guiteau added. "It will tell you what your skills are, and what job relates to you. It's a good place to start."

"The hardest thing to do is come in to our office," Guiteau concluded. "Come on in and we'll put you on the right track – you're closer than you think you are."

For more information, contact Sasebo NCO at 252-3538, visit them on the first floor of the Community & Education Center or visit the Navy College website at www.navycollege.navy.mil.

Gift certificates expanding to all commissaries

Rick Brink

Defense Commissary Agency

A trip to any commissary in the world is all it will take soon to get the popular commissary gift certificates.

Made available just last month in commissaries in the continental United States, the offering is being expanded this month to all 273 commissaries worldwide. Gift certificates in stores are available in one denomination of \$25. A handling fee of \$1 per certificate is

added to offset printing, shipping and handling costs. "Plans call for them (gift certificates) to be available worldwide by around the middle of this month. We're very pleased to expand this service, especially since this is the time of year for gift giving," said Patrick B. Nixon, DeCA's chief executive officer.

The in-store gift certificate offer is an expansion of

the Internet CertifiChecks program made possible through a business agreement with CertifiChecks Inc. at no cost to the Defense Commissary Agency or the

federal government. The program, featured link on <http:// www.commissaries.com>, lets anyone purchase any of nine denominations of commissary gift certificates over the Internet or by calling a toll-free number within the United States (1-877-770-4438).

All certificates, whether obtained in a commissary or over the Internet, can be given as gifts, but only authorized commissary shoppers can redeem them.

The gift certificates have a one-year expiration date. Customers can return expired or nearly expired

certificates to CertifiChecks Inc., which will re-issue new certificates at face value without any processing charges.

Scholarships for Military Children program enters fifth year

Bonnie Powel

Defense Commissary Agency

The fifth year of Scholarships for Military Children is now underway. Administered by Fisher House Foundation and funded by the manufacturers and industry supporting commissaries, the program has awarded over \$3 million through nearly 2,000 scholarships to the sons and daughters of active duty service members, Guard and Reserve members, and military retirees.

"The Scholarships for Military Children program has become a major community event for commissaries since its inception five years ago," said Patrick B. Nixon, chief executive officer for the Defense Commissary Agency. "The program awarded 500 scholarships in 2004 and ceremonies were held in commissaries worldwide in honor of these outstanding students. The

The EJ King Parent Teacher Organization will meet at 1500 in the Library Conference Room on the following Tuesdays: Nov. 16, Dec. 14, Jan. 18, Feb. 15, Mar. 15, Apr. 19 and May 17 Current projects include: the Far East Volleyball Welcome Dinner on Nov. 7 and ol Polo Shirt sales available in the school office for \$20 For more info, contact Eva Dugas at Toreytj@yahoo.com or phone 080 5240 8851 Meet the school's 'dream team' and help make a difference

industry members who support this program should be proud - and we hope the fifth anniversary year will be the best yet!'

Applications for the 2005 program are available at commissaries or online at the following website: http://www.militaryscholar.org. A link to the program will be on http://www.commissaries.com, the DeCA Web site. Eligibility and other information are also available at the program Web site. Applications, which must include an essay on how the heightened awareness of terrorism has impacted the student's life, are due at commissaries Feb. 16, 2005. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System (DEERS) database. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending an accredited college or university full-time in the fall term of 2005, or enrolled in a program of studies designed to transfer directly into a four-year program.

The scholarship program can also accept public donations at http://www.militaryscholar.org.

Profile: Navy College Office Director



Sasebo Navy College Office Director Hometown...Huntington, Long Island

How long have you been in Japan?

I have been in Sasebo for 14 months.

What is your favorite thing about Sasebo?

My favorite thing about Sasebo is its location.

Are you married or single?

I am single.

Do you have any children?

No, I do not have any children.

What hobbies do you have?

I have several, but what I have enjoyed the most the past few years here in Sasebo are scuba diving and international ballroom dancing.

Who do you consider to be your role model?

I consider my mother as my role model.

What are your personal goals?

To be the best at what I do, no matter how small the task; whether becoming the best ballroom dancer or teaching English to speakers of other languages.

What motivates you?

God motivates me. When I wake up each morning and pray, I always end up with a great and bright smile and say 'Thank you, God.'

What is the one thing you can't stand?

Dishonest people.

What do people not know about you?

People know what they should know about me. My personal life remains my own.

What is your most embarrassing moment?

An International Ballroom Dance Festival in Shizuoka City, Japan. After many hours of practice, once I got onstage I could not remember anything about my routine. Thanks to God, the audience started to chant my name and I regained my senses and did my routine. I realized that that two minutes and 15 seconds were the longest of my life - especially when I viewed a tape of my embarrasment on the stage.

If you could have dinner with three people, living or dead, who would they be?

My sister Michele, my mother and my grandmother from my mother's side.

E.J. King hosts its first Far East Small School volleyball tournament

Lara Deguzman

CFAS Public Affairs

E.J. King High School hosted its first ever major volleyball competition – the 2004 Far East Small School Volleyball Tournament, Nov. 7-12, featuring teams from around the Pacific. The Lady Cobras were not the only ones who prepared for the big tournament this year - E.J. King students and faculty also played an active role. According to Tournament Organizer, Christel Breeze, she was at first overwhelmed with the task given to her but, together with an army of volunteers, embraced the challenge to make this year's tournament a success.

Scorekeeper and line judge training was held during two weeks of seminar periods in the school library to accommodate students from a variety of organizations

and classes. This not only garnered assistance for the tournament, but also provided financial benefit to the school groups involved, since scorekeepers and line judges' organizations are paid for their services. Students were also able to apply their knowledge and talents to class assignments designed to get the tournament organized and running. The Journalism class prepared the tournament's official program, while the Photography class provided photographic coverage. In addition, students and staff escorted visiting teams and, according to Breeze, "supported hospitality during their stay in Sasebo".

"None of this however, would have been possible if it weren't for the support of Linda Connelly and George Man," she added. According to Breeze, Connelly arranged billeting for the teams. Man, a former player himself, provided firsthand knowledge of player needs and made meals available in the school cafeteria.

With the entire school involved and working as a team, the volleyball team prepared twice as hard, since visiting schools were coming to "Cobra territory."

So how did E.J. King students feel about the tournament coming to Sasebo? Senior, Kathleen Sabijon said, prior to the tournament, she expected to see a lot of new faces and hoped to make new friends.

Kayla Rhodes, a sophomore and second - year player with the girl's volleyball team, believes she brought motivation to the team.

"We play like it's practice," Rhodes said, "I like to joke around sometimes, I don't like our team so tense."

Team captain and senior, Cassi Tumbado, saw this opportunity as a learning experience for herself and the team. "I looked forward to playing with Morrison Academy, because they're a really good team. It's always good for us to challenge teams which are more experienced; that way it makes us want to play harder." Their coach, Mike Seitz, agreed with Tumbado when it came to playing the international schools because, "It gave us a chance to see what other schools are doing outside of Department of Defense Dependent Schools (DoDDS) in the volleyball program."

Breeze, on the other hand, had a different idea. "I just hope that the students are proud to have hosted such a big event, and maybe even look forward to getting asked to host it again."

Darby Elementary students vote for president at mock election

Chris Boyd

Darby Elementary School

At Darby Elementary on Oct. 27, students in grades three through six were allowed to cast their vote on who they thought should be the next president of the United States. Fifth Grade Teacher, Kristina Crane, who is also responsible for the Student Council and its activities at Darby organized this event.

Using resources from The National Student/Parent Mock Election Website, Ms. Crane organized Darby faculty and made arrangements for students to take place in a process that happened nation wide. Teachers were encouraged to share information on both candidates with their students. Posted in the hallway between the cafeteria and the Kindergarten and Fourth grade hall were posters that laid out details of Presidential candidates and their views. Students read these bulletin boards to help them in their decision.

The cafeteria was transformed into a voting area where

students could enter, sit down and cast their vote. Included on the ballots were questions that asked students about their ideas on Healthcare, Education, and Taxes and teachers were on hand to interpret some of the more difficult statements. Students filled out their ballots and then placed them in the ballot box.

Thanks to the hard work of Ms. Crane, her students, and her Student Council, elementary students were able to participate in a valuable learning experience that they will carry with them into the future.

The National Student/Parent Mock Election is a non-profit, non-partisan organization dedicated to making students and parents aware of the power of their ballot by involving them in a full-fledged campaign and national election. The National Student/Parent Mock Election has put millions of dollars worth of free voter education materials into the schools through its past partnership with various organizations.

In the last two presidential election years, over 10 million students, parents and teachers participated in all



A Darby Elementary teacher helps a third grader with a question on his ballot. (Released by CFAS Public Affairs)

50 states, Washington, DC, and 14 countries/territories around the world where Americans are based. Over 40 million have participated since the project began.

Congratulations to third quarter SOQs

Sailors of the Quarter

IT1 (SW) John D. Davenport IT2 (SW/AW) Jamie C. Clark

AC1 (AW/SW) Christopher Williams

ABH1 (SW/AW) Michael Foster

OS1 (SW) Michael Meyers

EN1 (SW) Michael J. Wagner

PN1 (SW) Eric Rommel Pellayo

MN1 (SW) Travis E. Meyer EM1 (SW) Jeffery M. Whalen

ET1 (SW/AW) Eilas Q. Calaunan

CS1 (SW) Paul Bush

HM1 Ernesto Lagdameo

JO3 Joshua Glassburn

PN1 (SW/AW) Reynaldo Giron

SK2 Joseph Villanueva

CE2 (SCW) Din V. Tran

EN1 (SW) Dean Kelley

BM1 (SW) Wemppy

HM1 (SW/AW) Richard J. Barcelona

AG2 Jeffrey L. Matthews

Information provided by Navy League of the United States (NLUS) Sasebo, Japan council.

Junior Sailors of the Quarter

IT3 Frank S. Dennis

OS3 Kyla R. Harris

AC3 (AW) Stephen D. Branum

CS2 Rodney Stokes

EN3 (SW) Jeffery Kohn

BM3 (SW) Lamerro L.. Mason PHAN (SW/DV) Jason M. Tucker

MN3 Joseph M. Cooper

ET3 (SW) Blaize A. Pearson

EM3 (SW) Leon D. Howell

MN2 (SW/) Justin Brewer

HM2 (SW/AW) Lorenzo E. Branch

NS*

NS*

NS* NS*

ENFA Gary King

GSMFN (SW) Mark E. Lojkutz

NS*

Blue Jackets of the Quarter

ABHAN (SW) Pablo Rodriguez MA3 Matthew Brooks

HM3 Derrick Krause

Command

COMPHIBGRU ONE

COMPHIBRON ELEVEN

USS Essex (LHD-2)

USS Juneau (LPD-10)

USS Fort McHenry (LSD-43)
USS Harpers Ferry (LSD-49)

USS Safeguard (ARS-50)

USS Guardian (MCM-5)

USS Patriot (MCM-7)

USS Blue Ridge (LCC-19)

Fleet Activities Sasebo

BMC Sasebo

AFN Det Sasebo

Personnel Support Det

FISC Det Sasebo

NAVCOMTEL DET

ACU-1 Det WestPac

ACU-5 Det WestPac ALFA

Fleet Surgical Team 7

NPMOD

NPMOL

Command USS Juneau (LPD-10)

Fleet Activities Sasebo BMC Sasebo

NS*- Not Selected for this command

BCO





November Lunch Specials

Every Monday during the month you can enjoy Captain Longboat's shrimp basket and french fries. Every Tuesday it's fettuccini ala cabonara with grilled chicken breast. On Wednesdays they serve up delicious grilled pork chop scarpiello with garlic mashed potatoes, and every Thursday you can enjoy a BBQ roast beef sandwich served on a kaiser roll. Fridays they feature golden fried mahi mahi fingers with tropical marmalade. All lunch specials, just \$6.95, are served Monday through Friday from 11 a.m. until 2 p.m., come with one trip to the salad bar and your choice of iced tea or coffee. For more information, call 252-3965.

Space World Amusement Park

Sign-up now for the next Space World Amusement Park trip, scheduled for Sunday, Nov. 14. Space World is the only "Space" theme park in the world. Located in Kitakyushu City in Fukuoka, the huge amusement park features several roller coasters, such as the Space Coaster and the Titan, a monster ride that zooms down from a height of 60 meters at a blazing 115-kph. There are many other great adult rides to enjoy as well. For the little ones there is Lucky Land, filled with many fun rides and costumed characters from 'outer space' to enjoy. There are also several restaurants, gift shops, museums, theaters and more. Cost for transportation and a one-day pass is only \$30 for adults, \$20 for children 4-11 and \$5 for youngsters 3 and under. The bus will leave the Harbor View Club parking lot at 7:45 a.m. and the Hario Community Center at 8:30 a.m. For more information, call 252-3433

Great American Smoke Out

Kick that bad habit, get into shape and encourage others to do the same by participating in the Annual 'Great American Smoke Out' 3K Run on Friday, Nov. 19. The race will get underway at 11:30 a.m. in front of the Branch Medical Clinic. Sign-ups will be accepted at the Fleet Fitness Center prior to close of business on Tuesday, Nov. 16. If you can't make that deadline you can still register up until 11 a.m. on race day at the starting gate. Awards will be presented to the top three runners in both male and female divisions. For more information, call 252-3588.

Turkey Shoot Bowling Tournament

The Spare Time Recreation Center will host their Annual Turkey Shoot Bowling Tournament (18 years or older), on Friday, Nov. 19 starting at 6:30 p.m. The entry fee is \$15. The tournament will consist of four games of

bowling. The first game will be a scratch game followed by a 7-pin no tap game, an 8-pin no tap game and a 9-pin no tap game. Highest total pinfall determines the winner and the total number of participants determines the prize money. For more information, call 252-3634.

Spike the Pumpkin Pie Volleyball Tournament Sign-ups are now being accepted for the Third Annual Spike the Pumpkin Pie Volleyball Tournament scheduled for Saturday, Nov. 20 at the Fleet Fitness Center. The first match is set to begin at 9 a.m. Competition is expected to be tough in this double elimination tournament, with teams comprised of 6 players. There will be a mandatory coaches meeting on Thursday, Nov. 18 at 5:30 p.m. in the Fleet Fitness Center Office. Awards will be presented to the top three teams with individual honors to the championship team, MVP and Sportsmanship. For more information, call 252-3588.

Basic Sailing Class

There's nothing like being out on the open water without a care in the world, sailing along with the cool ocean breeze in your face. Don't know how to sail a boat? No problem. Just sign up for the next basic sailing class conducted at the Sailing & Outdoor Adventure Center on Saturday, Nov. 27. The daylong class is set to begin at 10 a.m. By 4 p.m. you should be ready to hoist a sail and get underway all by yourself. An experienced professional will be right there with you during the class to ensure you learn the ropes and have a safe and fun experience. Cost is only \$35 per person. For more information, call 252-3500.

3K Turkey Trot at Hario

The Hario Fitness Center offers a great opportunity for you to get out of the house and burn off some of that excess weight you put on over the Thanksgiving holiday by hosting a 3K Turkey Trot around the Hario community on Sunday, Nov. 28. The race will get underway at 10 a.m. in front of the Hario Fitness Center. No need to register early, just be there 30 minutes prior to the race, ready to hit the road in the name of fitness and good family fun. Awards for men, women and youth. For more information, call 252-8960.

Help Wanted at Galaxies

Bartender, cashier and duty manager positions are currently available. Earn extra money and be a part of the dedicated, service oriented MWR team. For more information, see the manager on duty, call the Galaxies Office at 252-2980, or contact the MWR Personnel Office at 252-3328.

MWR Boys & Girls Clubs of Sasebo Needs You!

The Sasebo MWR Boys & Girls Clubs are looking for volunteers for advisor and leadership roles for various programs. Anyone interested in the fields of education, sports & fitness, arts & photography, mentoring & role modeling or other services are invited to call 252-2989 for more information.

SHOWBOAT THEATER SATURDAY, SURDAY, SURDAY, SURDAY, MOVEMBER 19, NOVEMBER 19, NOVEM

Betcha didn't know about: Sasebo historical tour

Phil Eakins

Base Historian

Anyone who reads this column regularly knows that I am very interested in the history of Sasebo, specifically history of the former naval station. You can imagine my excitement when my wife reserved seats on a recent historical tour of Sasebo for me and my mother-in-law sponsored by the Senso Yuseki Kengaku Kai, a local association dedicated to the study of war relics around the area.

Our first stop was the Mukyudo air raid shelter located in Joma cho between Hario Village and Kawatana. This particular air raid shelter is unique because teachers and students of the former Miya National Elementary School constructed it. Excavation began in 1943 at the suggestion of the school principal and continued until the end of the Pacific War. The main room features a few photos taken during construction, plus several school desks facing a stone podium; a winding tunnel leads to several smaller rooms.

We next visited the remnants of the Ishiharadake artillery battery north of Yokose on the Saikai peninsula. Ishiharadake was one of seven Imperial Army artillery batteries constructed for the defense of Sasebo harbor. This battery was in use from 1899 until 1920, and is known today as the Ishiharadake Forest Park.

The highlight of the tour for me was our next stop. Although I was told previously that it had been sealed up, I finally had the opportunity to enter the former naval station's underground command post. Feeling a bit like Indiana Jones (except I was wearing a hard hat instead of a fedora) and armed with only a flashlight and camera, I slowly descended the stone stairway into a dimly lit, long concrete passageway. I'd like to tell you the command post is still in decent condition, but years of neglect have taken its toll. During the Occupation, a fire swept though the command post; it is unclear if Occupation forces deliberately set the fire or if it was accidental. The second level, which features several long interconnecting tunnels and rooms, is completely underwater.

Next was a quick trip up Mt. Yumihari to view the remains of two anti-aircraft gun pits and the former radar installation. This area was considered as the most important for the defense of Sasebo. A large Type 11 radar system was once located where the Yumihari observation platform stands today.

Our tour concluded at Hachiman Shrine, where our tour guide pointed out several damaged spots along the stone walkway. These pitted and cracked areas were the result of incendiary bombs striking the stones during the fire raid on Sasebo on the night of June 28, 1945.

Although the tour is given in Japanese, I highly recommend it for anyone interested in learning more about our host city.



Guillory frocked to rear admiral aboard Blue Ridge

Commander, U.S. Seventh Fleet Public **Affairs**

WHITE BEACH NAVAL FACILITY. Okinawa — Commander, Amphibious Force U.S. Seventh Fleet, Rear Adm. Victor G. Guillory, received his first star during a brief frocking ceremony Nov. 4, aboard the U.S. Seventh Fleet flagship USS Blue Ridge (LCC 19), in port on Okinawa for a scheduled port visit.

Vice Adm. Jonathan W. Greenert, Commander, U.S. Seventh Fleet, pinned the stars on Guillory in his flag cabin. At the ceremony, Greenert said he believed the new admiral would do wonderful things for amphibious forces in the Seventh Fleet area of responsibility and elsewhere.

"This promotion is recognition of clearly a great performance. A demonstration of great potential, this is a wonderful transition.

For his part, Guillory said he was honored to have such responsibility placed upon him and to be amongst shipmates truly made the day special.

"Most of my career has been aboard ship, from enlisted on up to this point. So I really wanted to be aboard ship for this promotion. The opportunity to be aboard the Seventh Fleet flagship, to take the tour and meet the Sailors was really a

Guillory assumed command of the Navy's only permanently forward deployed amphibious force Oct. 1.

A New Orleans native, Guillory graduated from the U.S. Naval Academy in 1978, earning a Bachelor of Science degree in Management and Technology. He served his early sea assignments in the guided missile destroyer USS Towers (DDG 9) in engineering and operations departments, the guided missile frigate USS Lewis B. Puller (FFG 23) as a ship control officer, and the cruiser USS Vincennes (CG 49) as operations officer. He was the commissioning executive officer in the cruiser USS Gettysburg (CG 64). He also commanded the guided missile frigate USS Underwood (FFG 36) and the cruiser USS Lake Champlain (CG

Ashore, Guillory's assignments include a tour in officer recruiting in New Orleans Washington-area several assignments in the Bureau of Naval Personnel, the Office of the Chief of Naval Operations as the surface warfare division branch head for combat systems and most recently as the assistant deputy of surface ships. He has also served in



The Commander, U.S. Seventh Fleet (right) congratulates the newly promoted Rear Admiral and his wife Marquita after a brief frocking ceremony onboard USS Blue Ridge (LCC 19) on Nov 4. (U.S. Navy photo by Photographer's Mate 3rd Class Lowell Whitman)

the Joint Staff as the J-3 current readiness branch chief. He is a graduate of the National Defense University (Industrial College of the Armed Forces.) Guillory's personal awards and decorations include the Legion of Merit,

Defense Meritorious Service Medal, two

Meritorious Service Medals and the Navy Commendation Medal with Gold Star and Combat "V". He was nominated for promotion to rear admiral (lower half) in

March 2004.

Having three different titles. Commander, Amphibious Force U.S. Seventh Fleet/ Amphibious Group One/Task Force 76, Rear Adm. Guillory is responsible for conducting expeditionary warfare operations to support a full range of theater contingencies, ranging from humanitarian and disaster relief operations, to full combat operations. CTF 76 is the U.S. Seventh Fleet's primary Navy advisor on amphibious matters in the Seventh Fleet area of operations, and conducts a

number of bilateral and multilateral exercises each year in support of Commander, U.S. Pacific Fleet's Cooperative Engagement Strategy.

For more information on CTF 76, go to <www.ctf76.navy.mil>.

CNFJ assists Harpers Ferry family members after Typhoon Tokage

JO3 James Kimber

Amphibious Group One Public Affairs

Commander, Naval Forces Japan Regional Fire Department Sasebo (CNFJRFD-Sasebo) offered a helping hand to one USS Harpers Ferry (LSD 49) family



Shown here is part of a blown off roof (center) lying between the Kremer's off-base residence and their neighbor's house. (Photo provided by Theresa Kremer)

after Typhoon Tokage destroyed their off-base Sasebo home

Theresa Kremer and her two children were home when Tokage, one of the largest typhoons to hit Sasebo in years with winds gusting over 115 mph, ripped

Oct. 25.

through taking the roof of their home with it. No one

"The roof had come completely off over our living room and my daughter's room," said Kremer. "I was hysterical. I heard my daughter scream, 'Mom! My roof came off!'"

After notifying her landlord, Hario District Chief Shinji Otsubo, he brought Kremer, her children and two dogs to his house during the storm.

The next day, 15 firemen from the Hario firehouse volunteered their off-duty time to come to the damaged house to help pack and move Kremer's valuables, furniture and other household items out of the storm and into a temporary housing unit provided by Otsubo.

"The house was so severely damaged because of the typhoon that the family could no longer live there," said Otsubo.

"Also, another typhoon was heading towards Japan so quick correspondence was in need."

The quick response of Otsubo and his off-duty firemen minimized potential water damage to the family's belongings and reinforced Kremer's faith of Sasebo's strong community spirit.

"They have been super nice and just great people to us," said Mrs. Kremer. "Otsubo has gone above and beyond the call of duty. If I had the ability, I would give him the commendation he deserves."

The family is scheduled to move into base housing

"Being away on deployment is tough enough, and when something like [storm damage] happens it makes being away even tougher," said Lt. Kremer.

"After I found out my family was safe, I was relieved to hear that the Sasebo [base] firefighters had

volunteered their time to help my wife. If it wasn't for the kindness and compassion of these awesome firefighters, we could have lost everything.'

The house suffered extensive damage during the typhoon and property experts expect the house, which Otsubo grew up in as a child, to collapse if it is not demolished.

The 15 firefighters who volunteered their time to assist the Kremer family were: Naoki Yamasaki, Hiroshi Yokoo, Akihisa Nakamura, Yoshiki Nakashima, Shinichi Harumoto, Go Iwashiya, Yoshio Tominaga, Hideto Shiokawa, Teppei Imai, Hideki Kawahara, Takanori Tani, Kentaro Demoto, Yasutaka Hisata, Masato Toyomura, and Syunichi Watanabe.

Shogun Cafe announces Thanksgiving Day menu

Soups:

Cream of Mushroom Soup Roast Young Tom Turkey Roast Ham

Main course: Turkey w/ gravy

Chilled Cranberry Sauce, Pineapple Raisin Sauce, Creamy Mashed Potatoes, Marshmallow Sweet Potatoes, Cornbread Dressing Simmered Broccoli and Simmered Corn-On-The-Cob

Fruits and Vegetables:

Tossed Green Salad, Stuffed Celery Sticks, Mixed Fruit Salad, Relish Tray and assorted Fresh fruits

Bread & Rolls:

Hot Parker House Rolls



Pumpkin Bread Pumpkin Pie w/Whipped Topping Thanksgiving Day Cake Cheese Cake

Beverages:

Eggnog Coffee Tea



When: Thursday, Nov. 25, 2004 Time: 3:30-5:30 p.m.

Price Per Person: \$5.40 (Free for children under 5 years old)

Note: Sale of meal tickets will be available at Shogun Café on the following dates.

Nov. 15-18: Meal tickets for military dependents go

Nov. 18-22: Meal tickets for civilians go on sale. Tickets for civilians and dependents will be limited to 100. No food takeout except for personnel on duty.

LASSIFIED

VEHICLES

(Exp. Nov. 30) 1994 Grey Honda Domani. JCI '05. \$1,500. 3601 (from Nov. 30-Dec. 16).

(Exp. Nov. 27) **1992 Honda Civic**, JCI '05. \$1,000. Call 252-8390

(Exp. Nov. 27) 1993 Toyota Lucida (minivan), JCI '05. \$3,500.

(Exp. Nov. 27) **1993 Nissan Skyline**, JCI '06. \$1,800, OBO. Two door, GT Turbo, black. Call 0909-604-1167.

(Exp. Nov. 27) **1994 Toyota Cardina**. JCl '05. \$1800. Car equipped with new tires and brakes. Call 252-8167.

(Exp. Nov. 20) 1994 Honda Accord, JCI '05. \$2,600, OBO. CD Player, tinted windows, new timing belt. Call 080 322 85809.

(Exp. Nov. 20) 1997 Honda Logo, JCI '06. \$2,500. New tires. Call

(Exp. Nov. 20) 1994 Toyota Emina, JCI '06, \$3,500, OBO. Seats

(Exp. Nov. 13) **1995 Toyota Moreno**, JCI '05, \$1,800. 090-1368-

(Exp. Nov. 13) **1993 Honda Domani**, JCI '05, includes new battery

and new tires, \$2,500, OBO. Call 252-8498 or 090-1975-3859.

(Exp. Nov. 13) 1997 Toyota Corolla Wagon, JCI '06, new brakes, asking \$2,700. Call 252-8263.

(Exp. Nov. 6) Free Car. 1994 Toyota. CD player will be removed. JCI due November 04. Call 252-7386 or 090-8303-8138 between hours of noon-1:30 p.m. or after 5:30 p.m.

MISCELLANEOUS

(Exp. Nov. 6) 1994 Skyline GT-Turbo Just completed 2 year JCI. Not stock. Over \$8,500 invested in parts. Asking \$6,000. Call 080-5253-6240 or email at < secondwind53@hotmail.

(Exp. Nov. 27) Black dress, size 10 w/mettalic silver flower straps. Never been worn. Appropriate for Navy Ball. \$50. Call 252-8555.

(Exp. Nov. 20) Phone rights for sale, \$200. Call 090-6293-2608.

(Exp. Nov. 20) Japanese dishwasher w/hookup, \$200. Black dresser w/ 6 drawers, \$75, OBO. Phone rights, \$300. Call 252-7406.

(Exp. Nov. 20) Free bread maker (no instructions), Girls white fur coat w/hood for toddler, Baby back carrier and case, very comfortable and light. Call 252-8202.

(Exp. Nov. 20) Graco stroller and car seat combo, burgundy, tan and hunter green colors. Storage area, 2 cup holders, snack tray, wonderful condition. Call 252-8202 to make an offer.

(Exp. Nov. 13) Phone rights for sale, \$150. Satellite dish, \$50.

(Exp. Nov. 13) Barbie 4 wheeler, 12 volt battery, gently used, \$75 firm. Baby trend double stroller, \$50, girl's clothing 2T-4T, includes 3 brand new fall/winter dresses and shoes, \$20. Getting engaged? Women's engagements rings for sale, \$200 or less for each. Call 252-8555.

(Exp. Nov. 13) Phone rights for sale, \$200. Call 090-7476-7894 or 252-7381

(Exp. Nov. 6) Double Stroller, \$45. Call 252- 8498 or 090-1975-

(Exp. Nov. 6) Cherry finished dining table w/ 6 chairs & China cabinet. \$250 for all. Call 252-7404 or 090-80-22-4149.

(Exp. Nov. 6) Large bins of girls shoes and clothes. size 6 months C 252-8202 to make an offer for all or some

(Nov. 6) Phone rights for sale \$250.00 or OBO. Call 090 716

(Exp. Nov. 6) Infant Halloween costumes for sale. Call 252-8202 to

(Exp. Nov. 5) Vagabond 42 ft. sailboat, ketch-rigged, center cockpit. Beautiful liveaboard and world cruiser in excellent condition. Main cabin with king-sized berth, twin bunks in second cabin. Two heads with showers. Propane fireplace/heater. Large galley with three-burner propane stove, oven, microwave and refrigeration. 85hp Ford Lehman diesel engine, watermaker, full electronics and much, much more. Currently located in Sasebo, Japan. \$120,000. Possible to use housing allowance for purchase. For more information call 090-3882-8616 or e-mail at < secondwind53@hotmail.com>

(Exp. Nov. 5) Phone rights for sale. \$200. Call 252-7404 or 090-20-

(Exp. Nov. 5) Gently used Euro-Graco 3-way Pack-n-Play with parent organizer bassinet, changing station, portable play yard. Folds into a small sized suitcase. Avalon umbrella stroller and potty trainer. All for \$80. Rocking glider with ottoman, \$90. Call 252-8555.

(Exp. Nov. 5) One box boy clothes newborn to 12 months \$20, Santa Fe Express Train Set \$30, patio table with 2 chairs \$80, white vanity mirror \$60, 4 pcs. Japanese kimono, baby toys and women clothes. Please call 252-8614.

(Exp. Nov. 5) Bins of girls clothes and shoes for sale. Stroller/carseat, racks, knife set, pan and Kerosene jugs and pump for sale. Call 252-8202.

(Exp. Nov. 5) Home entertainment cabinets, solid wood. Quality work Great condition. Many shelves. Can accommodate large-screen TV

Home BusinesS

and all other components. I have JPEGS, \$1500 new, asking \$750/ obo. Call 090 7456 6949 or 0956 39 4132

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

English lessons offered. Can give in my home or yours. Very flexible. Call 080-34326967.

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080 52017164

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080 5050 6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a

Exerienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

Pacific Pixels Studio has gone digital! \$75 includes a photo session of up to 150 pictures, a CD of all photos taken and 1, 8x10 portrait. From casual and glamour to kimono. Film photo sessions start at \$35 for 24 pictures. Call for an appointment for a professional and personable experience at an affordable price. 252-7158 or 090 4515 . 7655 or e-mail <*shirleypix@yahoo.cor*

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563

Language Instructor-Japanese or English, private and group rates

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include inication problems, behavioral concerns, mo delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 $\,$

Piano Insructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Sandra Hombeek at 090-5024-7139 or Itura Weber at 252-7322. Foster Families for pets waiting for a new family are needed. Donations of pet food, litter and money are always appreciated and may be left at Paws and Claws with Sandra

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090 5731 5744 or visit us at <www.photographybyferna.com>

- INTERESTED IN TAX?
- WOULD YOU LIKE TO VOLUNTEER?
- · ANY SPARE TIME?

Training

25-28 January 2005



WHAT'S HAPPENING?

The **USO's** new "Build a Bear" program for children with depoloyed parents who would like to get together to decorate a bear, will take place Monday, Nov. 20 at the Main Base Chapel's Fellowship Hall at 10 a.m. The USO is also sponsoring another charity auction scheduled for Nov. 27, this is a great way to make money for Family Support Groups. Please contact USO for more information on tickets. If you would like to lend a helping hand to the USO, Fleet Landing is in need of painting. Also, if you are interested in holding a scrapbooking club or teaching English at Gion Elementary School contact D.J Stanhope at 090-3012-5867.

DoDEA wants to hear from you

The 2004 Department of Defense Education Activity (DoDEA) Customer Satisfaction Survey is open to all DoDEA students in grades 4-12, their parents/ sponsors and DoDEA teachers. The survy is completely anonymous and can be completed online by logging onto the DoDEA website at <www.DoDEA.edu> and clicking on the 'Customer Satisfaction Survey' link. Any eligible party who does not have access to the online survey may complete a print version of the survey available to them at any DoDEA school.

The survey is scheduled to remain online until Feb. 28, 2005. The findings of the survey, which will be published in Spring 2005, will be given consideration in all future efforts to improve upon educational experience that DoDDS and DDESS schools provide.

E.J. King Awards Dinner

On Wednesday Nov. 17, families of E.J. King fall student athletes are invited to attend a dinner awards ceremony at the Harbor View Club at 5 p.m. to recognize student achievements. You must RSVP by Nov. 12 by calling Cheryl Rhode at 252-3059. The cost is \$10. Join us in recognizing our student athletes!

"Great American Smoke Out" 3K

Friday, Nov. 19, Branch Medical Clinic, 11:30am.

Kick that bad habit and get into shape in the process. Please register at the Fleet Fitness Center by November 16. Awards will be given to the top 3 finishers in both the male and female divisions.

"Third Annual Spike the Pumpkin Pie Volleyball Tournament"

Saturday, Nov. 20, first match begins at

Tournament will be held at the Fleet Fitness Center and will be double elimination. Teams will consist of six players. Entries due to the Fleet Fitness

Center by Tuesday, Nov. 16. Awards will go to the top three teams along with individual awards for the Championship team, MVP and Sportsmanship.

"Military Family Appreciation 3K **Turkey Trot**"

Wednesday, Nov. 24 at 11:30 a.m. starting at the Nimitz Park USO.

"Floor Hockey Tournament" *Tournament is for 2004 Captain's **Cup Points!**

Tournament starts on Monday, Nov. 22, first game begins at 5:30 p.m.

Tournament will be held in the Fleet Fitness Center and will be double

Entries are due to the Fleet Fitness Center by Wednesday, Nov. 17, with a mandatory coaches meeting on Thursday, Nov. 18, at 5:30pm in the FFC office. Team awards will go to the top three teams, with individual awards to the championship team. Plus 2004 Captain's Cup points for participation.

Sasebo Soundings If you want to place an, e-mail <soundings@sasebo.navy.mil> **Deadline for submissions is** Tuesday at Noon



Fleet Gym 252-3588

Hario Gym 252-8691



Game of the week: Ft. Mac 'shows up' Showtime, 71-51

JOSN Jeff Johnstone

CFAS Public Affairs

Francis Ebong scored 14 points in the second half alone, and tallied five blocked shots for the game, as the Ft. Mac Young Guns dismantled a talented, but depleted Showtime team, 71-51 in intramural basketball action Tuesday night at the Fleet Gym.

The Young Guns started slinging at the opening whistle, pulling out to an early lead that merely grew as the game progressed. The Showtime was able to pull within a point in the first half, but the Young Guns were smoking by halftime, holding a 39-29 lead at the break.



Fort Mac's center (23) soars above a trio of Showtime defenders as he attempts to slam home a bucket during their rout of the Showtime Tuesday night at the Fleet Gym. Fort Mac's center led the Young Guns in scoring during the second half with 14 points. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Unfortunately for Showtime, there was a second half yet to play. The Guns' Ebong exploded out of the gate with a one handed jam in the half's opening minute, breaking away from every defender on the court.

After an inbound following a Young Guns score, Ebong again struck, stuffing a Showtime scoring attempt, leading to another Young Guns basket.

The Showtime did regain some traction, led by spirited second half performances by Trakeavik Blue (ten points), and Paul Navarro (eight points), though they couldn't cut the Young

Guns' insurmountable double-digit lead. The game was called via the 20-point-rule with just over a minute remaining.

The Young Guns were pleased with their performance, with good reason. Though Showtime was missing a few starters, they are a tough opponent for everyone.

"We (Ft. Mac) just ran a little better than them tonight," said Young Guns' Baryshnikov Chambers. "We were organized and played very well," he added.

"It feels great for me to come back from leave and get a big win over the Showtime," said the Guns' Brandon Hardeman. "We had a couple of losses before I left, so it feels good.

The Young Guns were smooth throughout the contest, keeping wasted shots to a minimum, and maintaining a solid passing game that kept the Showtime on their heels throughout the contest.

With the victory, Fort Mac improves their record to 16-2, the top record this season, while even after dropping to 10-7, the Showtime maintains a grip on second place.

"We (Young Guns) played very well and we're starting to gel as a team," said Ebong.

"We're improving and we're seeing it more and more every game."

That's good news for Fort Mac, not future opponents.



A basketball player from Fort Mac (22) leaps for a rebound over a pair of The Showtime's. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

CFAS kids and parents were "Running Scared" at annual 3k walk

Isaiah Mincks

MWR Sports Director

MWR Sports & Fitness hosted their 5th Annual "Running Scared" Trick or Treat 3K walk this past Thursday.

This event attracted over 200 participants with over 30 adults dressed up in costumes as well. This was the second consecutive year with over 200 participants. The walk consisted of a 3K stroll across main base, complete with glow sticks and trick-or-treat candy stops. Stops along the route included the "Candy Stop" at Galaxies, "Candy Fishing" at Fleet Landing, and "Pumpkin Hula" at the Library. All participants were given a glow stick to walk with.

At the conclusion of the walk, participants were treated with juice, hot

chocolate, pizza, and more candy! The costume contest was then held, and stuffed Halloween toys were awarded to the best 2 costumes in each division. infant (4 & under), child (5-8), youth (9-12), Teen (13-17), and Adult (18 & up). Contest winners included devils, witches, deep sea divers, Dhora, Barbie, pirates, ninjas, and many more!

MWR Sports & Fitness would like to thank all volunteers who helped out with this fantastic event. We are already looking forward to next year's walk, and expect an even greater turnout. If you would like to volunteer for this event in the future, simply pick a costume and let us know that you are interested in helping out. You know where to find us! Happy Halloween!

FROM THE BENCH
with hosts
Isaiah Mincks
Dennis Lebling and Dave Glazier
Thursday mornings 8:00 - 9:00
HUNDER ANDIO 1575 ANS

Fall Softball Standings Winter Flag (As of Oct. 31, 2004) Football (As of Nov. 2, 2004) Rank **Team** Win Loss Rank Team Loss Fire Dreams 10 Total Force 8 3 Dragons 0 Fort McHenry 3 Patriot Hooligans 1 Guardian Hitmen 6 Seabees The Squad Iron Gators Fort Mac

Fitness Tip: Understanding vour metabolism is important

Alec Culpepper

MWR Fitness & Aquatics Director

One of the best ways to lose a few pounds is to rev up your metabolism so you'll burn more calories—even when you sleep. First, you need to understand how it works. Your metabolism is the rate at which your body burns calories.

It's broken down into three parts—the three burners in your metabolic stovetop. The largest burner is your basal metabolism (sometimes called your resting metabolism), which accounts for about 60 percent of the calories you expend each day. You burn these calories simply to exist, including at night when

you're sleeping. The second burner is your activity metabolism, which makes up about 30 percent of the daily calories that you use. These are calories you burn during running, as well as while sweeping the floor or walking upstairs.

The final burner is your thermic metabolism—calories you burn while digesting food and some foods take more energy (calories) to digest, so emphasize them whenever possible. If you work it right, a good metabolism-boosting program will turn up the heat on all three burners. When this happens, you'll start getting leaner and fitter. You need to make some simple changes to your exercise routine, and your eating habits.